

Norfolk
VIRGINIA



Norfolk Medical Reserve Corps

Norfolk MRC News

Volunteers Building Strong, Healthy and
Prepared Communities

October 2011

September in Pictures

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Upcoming:

October-December:
Flu Clinics

10/11 Orientation

10/15 Orientation

10/17, 18, 24 PFA In-
structor training

10/27 Orientation

11/2 Orientation

11/5 Orientation

11/10 Orientation

11/19 Diabetes Care
Day

Contact NMRC:

830 Southampton Ave.
Norfolk, VA 23510
Linda.Botts@vdh.virgi
nia.gov
757-683-2760



Homeless Connect

**Psychological
First Aid 9.26.11**

9.14.11



Norfolk 9/11

Remembrance Ceremony



Required Training

Start with:

- Orientation
- IS-100.b
Intro to
Incident
Command
System

And then work on:

- IS-700.a Intro
to National
Incident
Management
System
- IS-22 Are
You Ready?
An In-Depth
Guide to
Citizen
Preparedness
- Mass
Dispensing:
A Primer for
Volunteers
- Psychological
First Aid
- Participation
in an
Exercise

All Aboard for Training!

Did you recently get a training status update letter from me? Everyone in the unit should have received a mailed letter stating what training they had finished and what training they still needed to complete.

Please take your training seriously, as it is extremely important to our unit.

As I've mentioned in the weekly update letter, our major funding organization has set a restriction on our funding.

By December 1st, all volunteers in the unit must have completed, at a minimum, Orientation and IS-100.b Introduction to Incident Command System.

For every volunteer we have in the unit who has not completed at least Orientation and IS-100.b, we will lose a percentage of our funding.

We are competing for this funding against some very well-established, large units in our region who have

I know that we can do it!

a distinct advantage in having more volunteers that are trained.

For those of you who have not taken Orientation yet, I have a number of sessions set up in October and November. I'm also willing to meet individually if you have a difficult schedule to work around, please give me a call to schedule an appointment.

If you need help with the online courses, you are welcome to come in and use our computer lab. I also have a small lending library of the course books for the FEMA courses if you prefer to read the material offline on a paper copy (you'll still need to take the test online afterwards). And if you're really struggling with the course(s), please call me! I'm happy to help you understand the concepts and walk through the material. Again, please contact me to make an appointment.

Psychological First Aid is offered in the classroom, and will be held

bi-monthly on various dates and times to accommodate the widest range of schedules. In order to preserve resources, we trade off hosting duties for this course with Virginia Beach MRC.

Finally, we need to have everyone experience some aspect of a disaster, so we require all volunteers to participate in a disaster exercise. If you are participating in a drill through your workplace, we can count that as meeting the requirement. If not, please sign up for opportunities as they arise in our unit. The health department does a couple of exercises a year, and I try to connect with as many partners as I can to offer additional exercise opportunities. In fact, sometimes actual disaster response experience can count toward meeting this requirement.

Help our unit maintain this critical funding—please complete your training ASAP.

THANK YOU for your volunteer time!

On the Horizon

Flu clinics—Vaccinators needed!

Norfolk Health Department will be conducting a number of flu clinics this year. Vaccinators will be needed on various dates and times through December. An alert will be sent out, please sign up to help—we are counting on you to help us keep Norfolk healthy!



PFA Instructor Training

I am looking for RNs or mental health professionals who are interested in becoming trainers and teaching Psychological First Aid (PFA) for the MRC. A Train-the-Trainer course is planned for October, consisting of three 3-hour sessions and a brief online self-study. The course is being run through the American Red Cross and will be held at the Red Cross office, 611 W. Brambleton Ave, Norfolk on the following dates:

Monday, October 17: 6:30-9:30 P

Tuesday, October 18: 6:30-9:30 P

Monday, October 24: 6:30-9:30 P

Interested participants would need to attend all three sessions in order to become an instructor, as well as complete a short self-study online. *Please RSVP to Linda if you would like to become an instructor for us and are able to attend these dates.*



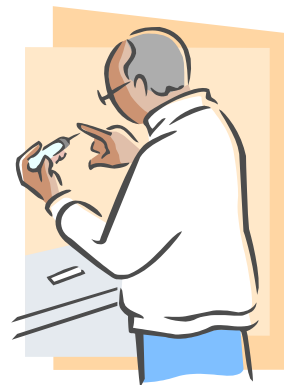
American Diabetes Call to ACTION: Diabetes Care Day

The NMRC has been asked to assist with the Diabetes Care Day on November 19th. More specific information to follow as the date gets closer, but please mark your calendars for:

What: Education, screenings, refreshments, and more

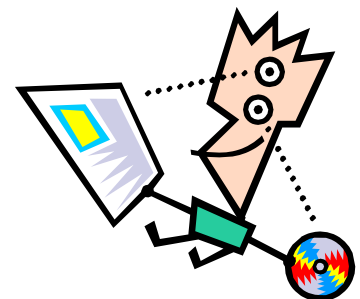
When: November 19, 2011, 10:00 a.m. to 2:00 p.m.

Where: New Hope Community Center, 3232 Brest Avenue, Norfolk

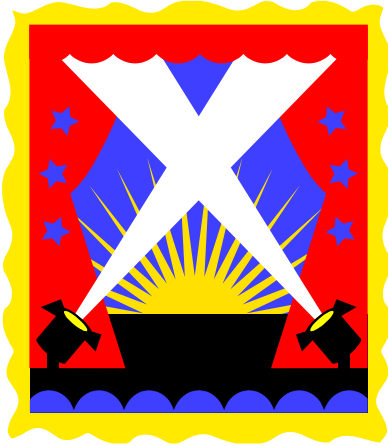


NEEDED: Newsletter Assistant

Interested in volunteering 30-60 minutes a week to help provide updates for the unit? I'm in need of a volunteer that can assemble the weekly update and keep track of articles and information for the monthly newsletter. If you like to organize information, edit and/or write (and it doesn't have to be all three things), you can work from home helping to put this information together. Please let me know if you are interested, I could really use the help. THANKS! -Linda



Volunteer Spotlight-Norfolk MRC Shines!



"The road to success is not crowded. Because while most are looking for ways to take, the truly successful people are finding ways to give."

"With a giving attitude, every situation is an opportunity for success."

-Unknown

Your giving attitude helps make the MRC a success in serving the community.

Thank you for all you do!!

~Linda

Thank you to the following volunteers for their valuable contributions of time, talent and service:

- For shelter support during Hurricane Irene, we were fortunate to have **Sean Hess, Renee Genora, Lexie Stone, Susan Tweed, Dorolyn Alper, Ellen Godfrey, Edwin Cruz, Patricia Barlow, Jennifer Bond, Patricia Christian, Phillip Davis, Annie Purser, Annie Robertson, Winifred Nchotu, Clarissa Smith, Margaret Troyer, and Katina Wood** provide first aid and triage in the shelters, and **Tom Russel** provide assistance before, during and after in contacting, rostering, and training volunteers, and in providing logistical support at the health department operations center.
- **Shatada Floyd-White** for providing Tdap vaccinations on September 4th, as well as **Sean Hess, Jagdeesh Ullal, Nicole O'Garro, and Mary Alexander** for signing up to help. The school nurses were able to catch up with the crowd more quickly than expected, but your support was appreciated.
- **Renee Genora, Dorolyn Alper, Michelle and Clifton Fuller, and Mary Alexander** for providing BP screening and navigational assistance at Homeless Connect. The nurses were great, but Michelle really stole the show—she is an organizational force to be reckoned with!
- Congrats to **Dorolyn Alper** and **Charles Kessler** for earning their MRC polo shirts. Way to go!!!
- **Renee Genora** for providing BP checks at Huntersville Recreation Center during the emergency management presentations. Thanks!
- **Shatada Floyd-White** and **Sean Hess**, along with Shatada's son **Almasi** and my daughter **Lara**, provided flag-bearing services for the Norfolk Remembers 9/11 ceremony. Shatada bravely stood to read some of the names of the fallen.
- **Ebonnie Scott, Harry Maragh, James Robinson, and Renee Genora** for supporting registration at the Car Seat Safety Clinic. Special thanks to **LaToya Pumphrey, Shatada Floyd-White, Shemiaka Barnes, Tom Russel, and Earle Williams** for signing up to help out. **THANKS!!!!!!!!!!!!!!**